

BUPERS/NPC SAFETY

Volume 10

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At work, at play, let safety lead the way

Safety tips from Navy Personnel Command



BBQ IQ: Get Smart. Grill Safety

Know the risks and get the tips for safely grilling and enjoying your favorite foods.

PLAN TO BE SAFE.

RISK: Food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish.

TIP: Buy meat and poultry last. Separate raw meat and poultry from other food.

KEEP IT CLEAN.

RISK: Dirty hands and prep surfaces can carry germs.

TIP: Wash hands, work surfaces, and utensils when they come into contact with raw meat.

GROOM YOUR GRILL AND TOOLS.

RISK: Wire bristles from grill brushes may dislodge and stick into food.

TIP: Use moist cloth or paper towels to clean the grill surface.

LINKS

OSHA
<http://osha.gov/>

ESAMS
https://esams.cnic.navy.mil/ESAMS_GEN_2/LoginESAMS.aspx

Naval Safety Center
<http://www.public.navy.mil/comnavsafe-cen/Pages/index.aspx>

CONTACT US

BUPERS/NPC Safety Manager

1-901-874-3405

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1-901-874-2331

CURB CO-MINGLING.

RISK: Raw meat juices can spread germs to cooked food.

TIP: Place cooked meats on a clean plate or pan and discard marinades and sauces that have come into contact with raw meat.

COOK IT WELL AND KEEP IT HOT.

Grilling:

-145 degrees F - whole cuts of beef, pork, lamb, and veal (Stand-time of 3 minutes at this temperature.)

-145 degrees F - fish

-160 degrees F - hamburgers and other ground beef

-165 degrees F - all poultry and pre-cooked meats, like hotdogs

Smoking:

-250 degrees F - 300 degrees F - inside smoker

After Grilling:

-140 degrees F or warmer - until served



Treat Leftovers Right:

- Keep leftovers in an insulated (40 degrees F or below) cooler while transporting.
- Refrigerate leftover meat and poultry within two hours of cooking or one hour if above 90 degrees F.
- Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for faster cooling.
- Reheat cooked leftovers to 165 degrees F using a food thermometer.

1. All military and civilian personnel attached to a BUPERS UIC are required by policy, to have a valid ESAMS account. For assistance, please call 901-874-2331.
2. OPNAVINST 5100.12J requires all military personnel who operate a motorcycle on/off base to attend a COM-NAVSAFECEN approved motorcycle rider safety course. Class schedules can be found in ESAMS or at www.navymotorcyclerider.com.
3. OPNAVINST 5100.12J also states that all military personnel under the age of 26 must receive an initial 4 hour traffic safety training course upon entrance into the USN. Additionally, all military personnel under the age of 26 must receive two hours of annual refresher traffic safety training. This training can be completed in ESAMS.

NOTE: Ensure Monthly Safety Talk is recorded in ESAMS.